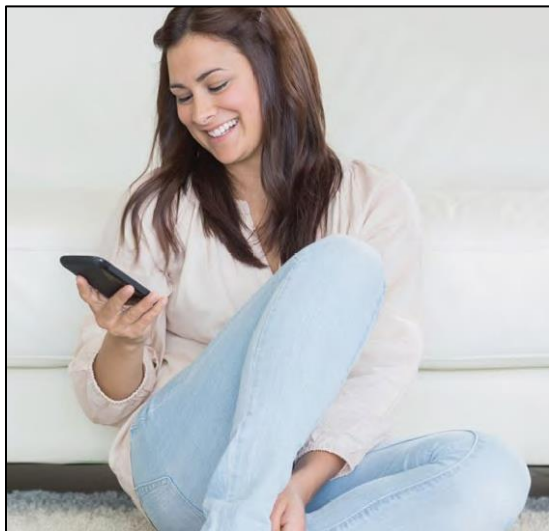


For 27 May-2 June 2016

CONNECT WITH TRICARE ON YOUR MOBILE DEVICE



TRICARE mobile websites and smartphone apps let you take advantage of online resources, account and benefit info and educational resources from its contractors.

TRICARE Mobile Website

TRICARE beneficiaries worldwide can access www.tricare.mil using mobile devices including tablets and smartphones. Type www.tricare.mil into your device's browser to get information on your benefits. You can download educational materials from the SMART site, view episodes of TRICARE TV, listen to podcasts, get latest news on TRICARE, find contact info on different regions and plans, submit benefit questions and

fill out a profile to access costs, plans, referrals and other info specific to your plan.

TRICARE Pharmacy Program on Your Phone

Find TRICARE Pharmacy Program and drug information on the Express Scripts mobile site at www.express-scripts.com/mobile or download the Express Rx app for iPhone or Android. With these tools, you can log in to:

- Find benefit information
- Start home delivery of your prescriptions
- Check order status
- Refill prescriptions
- Find a pharmacy
- Access information about drugs and their side effects
- Set up daily medication alerts using the reminder feature

Register on the Express Scripts website before using the Express Scripts mobile site. You can register on your computer by visiting www.express-scripts.com/activate and following instructions for TRICARE beneficiaries.

MilConnect Mobile from the Defense Manpower Data Center

Use milConnect on your mobile device to:

- Locate identification card-issuing facilities
- Find contact information for TRICARE regional contractors
- Search frequently asked questions

Visit <http://milconnect.dmdc.mil> on any smartphone or Web-enabled device.

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